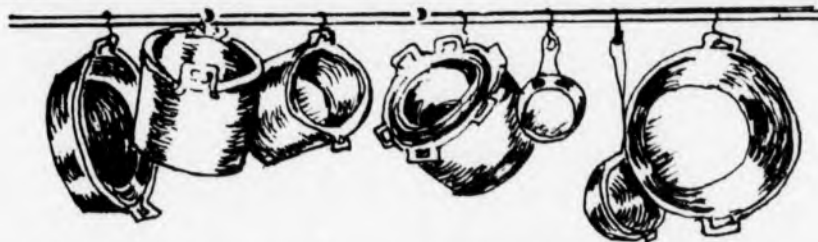


from the kitchen

By Joan Pinkham



Just like little Miss Muffet, renowned for sitting on her tuffet eating half-done cheese, more and more of us are devouring cheese. Curds and whey are but a few ingredients found in either natural or processed cheese. Natural cheese results from concentrating components of milk and removing water. Processed cheese results after mixing

Musings...

By John Cutler

□The main difference between an assistant to the superintendent and an assistant superintendent is \$\$\$\$.

□So Henry Ford has bought 60 minutes for 30 weeks. Was Mike Wallace part of the package?

□If you summer on the South Shore and winter in Florida, why can't you spring in Arizona and fall in New Hampshire?

□I don't like the way Kevin White parts his hair. As for Ed King, he doesn't need a face lift. He needs a chin drop.

□If you ask for a demitasse in France you'll get half a cup, probably of water. Ask for chop suey in Peking and you'll get a puzzled look. In France french fries are called English fried potatoes.

□George Washington never lied? How come he was so popular with those Colonial Dames?

□Journalism may be unreadable, but literature is unread.

□Curt Gowdy mentioned an athlete who "was originally born in Texas." Where were you originally born, Curt? Certainly not in Worcester, which you pronounce Wor-sesta, or Gloucester, which you pronounce Glawcesta, or Haverhill, which to you is Haverhill. Retire soon while you're still eligible for a gold watch.

various cheese together, adding an emulsifier and heating until one gets, in the words of the Federal regulations, "a homogenous, plastic mass."

Processed cheese was first developed in America by J.L. Kraft in 1916 who discovered that there is little difference in nutrition between natural and process cheese. If you find that fish and meat prices do terrible things to your food budget, cheese dishes such as this Fettucini and Spinach are a little easier.

1 lb. medium noodles
1/4 c. salad oil
1 clove garlic, crushed
1 pkg. (10 oz.) frozen, chopped spinach, thawed, drained
1/2 c. canned condensed chicken or beef broth, undiluted

1/2 tsp. dried basil leaves
1/4 c. chopped parsley
1/4 c. grated Parmesan cheese
1 c. cottage cheese
1/2 tsp. salt and dash pepper

Cook noodles and drain. Meanwhile, in hot oil saute garlic and thawed, drained spinach, stirring for 5 min. Add the broth, basil, parsley, Parmesan, cottage cheese, salt and pepper. Stir over low heat until blended — about 2 min. Toss cheese-spinach mixture with noodles. Turn into heated serving dish. Makes 5 servings.

Cheese is a part of our heritage. The Bible tells of a delivery of honey and curdled milk to David in 1000 B.C. In Homer's Odyssey, King Menelaus of Sparta praises cheese. The origin of cheese-cake is hard to trace, for it exists in one sort of another in many countries in Europe, but many think of it as America's soul food. Here is Craig Claiborne's Mocha Cheese-cake to satisfy your soul.

Preheat oven to 350 degrees. As it heats, prepare bottom crust by blending 3/4 c. of graham cracker crumbs with 4 T butter and 1 1/2 T

sugar. Blend with fingers and press onto bottom of ungreased 8" springform pan. To the bowl of an electric mixer add 3, 8 oz. pkgs. of cream cheese. Add 1 c. of granulated sugar and 2 large eggs. Beat until smooth, increasing the beater speed cautiously to prevent splattering. Add 1, 8 oz. pkg. of semisweet chocolate squares that have been melted over low heat while stirring with 2 T heavy cream. Add 1 c. sour cream. Pour in 1/4 c. of coffee and 1/4 c. dark rum. Add 1 tsp. vanilla extract and beat til well blended. Pour and scrape the batter into the pan. Bake 45 min., or until puffed at the sides. The center will remain somewhat soft, but will become firm on cooling. Let cake cool on a rack several hours. Remove sides of pan. Garnish with chocolate curls and sprinkle with blend of 1 T each confectioners' sugar and cocoa. Yield: 8 to 12 servings.

Cheddar is the most popular of all American cheese, followed by Italian varieties and then Swiss. Swiss is not a Swiss without the holes, or eyes, which are created by adding propionic-acid bacteria so that during aging, carbon dioxide is released to create the holes.

This Alpine Fondue is as tasty and nourishing as you could wish.

1 can cheddar cheese soup
1 pkg. (8 oz.) Swiss cheese, cut in pieces
1/4 tsp. prepared mustard
1/4 tsp. Worcestershire
1/8 to 1/4 tsp. hot pepper sauce

French or Italian bread cubes
In saucepan, combine soup, cheese, mustard, Worcestershire and pepper sauce. Heat until cheese melts. Stir occasionally. Spear bread with fork and dip into hot cheese. Makes about 2 cups.

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